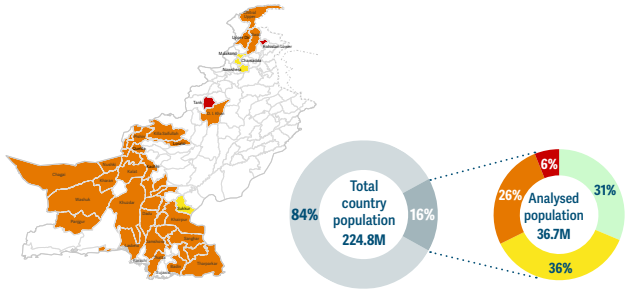
Pakistan (specific areas)

ACUTE FOOD INSECURITY | The situation was better than the previous year's lean season but weather extremes continued to affect livelihoods.

PEAK 2024 (NOVEMBER 2023–JANUARY 2024)

11.8M people or 32% of the analysed population were projected to face high levels of acute food insecurity in 43 rural districts of Balochistan, Khyber Pakhtunkhwa and Sindh provinces during the winter lean season. Of them, 2.2M were in Emergency (IPC Phase 4).

The 2024 peak remains the same as the previous GRFC, as no new peak data were available. However, the prevalence of high levels of acute food insecurity was expected to decrease to 24 percent through June 2024 and 22 percent by the end of November 2024 (IPC, May 2024).

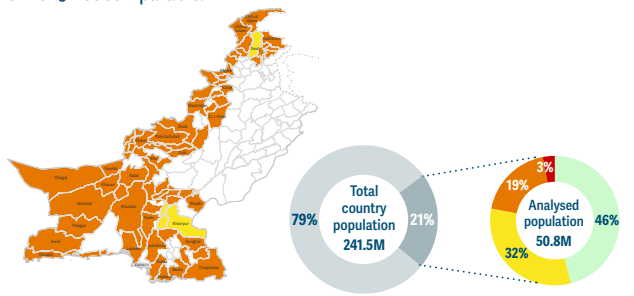


Source: Pakistan IPC TWG, October 2023.

PEAK 2025 (NOVEMBER 2024–MARCH 2025)

11.0M people or 22% of the analysed population are projected to face high levels of acute food insecurity in 68 flood-affected rural districts across Balochistan, Sindh and Khyber Pakhtunkhwa.

This includes 1.7 million people in Emergency (IPC Phase 4) (IPC, February 2025). The population coverage increased by 38 percent between the 2024 peak and 2025 current analysis, from 36.7 million people to 50.8 million people, with 25 additional districts, making the 2024 peak and the projection for 2025 not comparable.



Source: Pakistan IPC TWG, February 2025.

1 - None/Minimal | 2 - Stressed | 3 - Crisis | 4 - Emergency | 5 - Catastrophe/Famine
Population analysed | Population not analysed | Total population

DRIVERS OF THE FOOD CRISIS 2024–2025

Weather extremes Total 2024 cereal output was well above average levels due to adequate and well-distributed precipitation as well as large areas planted. Rice production exceeded the five-year average and wheat was at record levels, while maize reached almost average harvest levels (FAO-GIEWS, September 2024).

However, heavy rains during the July–September monsoon season resulted in flooding and landslides in parts of Balochistan and Sindh provinces, causing crop losses and damage to housing and agricultural infrastructure.

In addition, the enduring effects of the 2022 floods in parts of Balochistan and Sindh, compounded by subsequent extreme weather events in 2023 and early 2024, continued to strain livelihoods and drive poverty, especially in the rural northwestern provinces (IPC, May 2024).

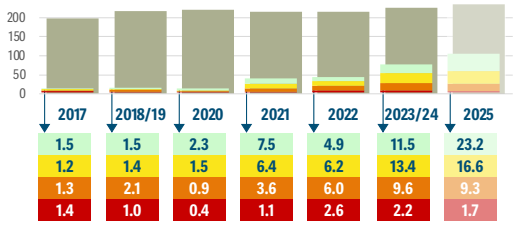
Economic shocks Food inflation had fallen to 0.3 percent by December 2024, down from double digits at the beginning of 2024 (Pakistan Bureau of Statistics, December 2024). Above-average production helped to ease consumer prices, from double digits throughout 2023 and until mid-2024 to 4.1 percent year-on-year headline inflation in December 2024 (Pakistan Bureau of Statistics, December 2024). While the economic recovery of 2024, after the 2022–2023 political and economic crisis, is expected to continue in 2025, low wages and employment are projected to keep poverty rates high (WB, October 2024).

DISPLACEMENT

1.8M refugees and asylum-seekers
Source: UNHCR Nowcasted estimate, December 2024.

0.2M IDPs
Source: IOM, August 2024.

Peak numbers of people (in millions) by phase of acute food insecurity, 2017–2025



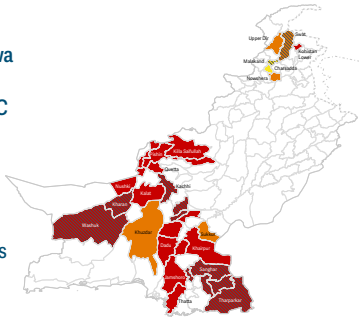
History of the food crisis A lower-middle-income country, Pakistan is susceptible to weather extremes, including floods and drought, especially in the provinces of Balochistan, Khyber Pakhtunkhwa and Sindh. The geographical coverage of IPC analyses has varied but focused primarily on Sindh in 2017–2018, and Balochistan and Sindh in 2019 and 2021. Major floods affected all three provinces in 2022, with the highest share of people facing high levels of acute food insecurity reaching 49 percent in 16 districts of Balochistan and Sindh.

NUTRITION CRISIS | High levels of acute malnutrition in early 2024 are attributable to multiple factors, including the lingering effects of flooding.

PEAK 2024 (OCTOBER 2023–JANUARY 2024)

Thirty of the 32 analysed areas in parts of Balochistan, Khyber Pakhtunkhwa and Sindh provinces were classified in Serious or worse (IPC AMN Phase 3 or above).

Of these, 12 districts in Sindh and Balochistan were in Critical (IPC AMN Phase 4). Only four districts overlap with the previous 2021–2022 analysis, and they remained in IPC AMN Phase 4.



Source: Pakistan IPC TWG, October 2023.

ACUTE MALNUTRITION BURDEN 2024 (MARCH 2023–JANUARY 2024)

2.1M children aged 6–59 months

1.5M MAM | 0.6M SAM

Source: Pakistan IPC TWG, October 2023.

CONTRIBUTING FACTORS

Children's diets were of insufficient quality and quantity, exacerbated by acute food insecurity which worsened during the winter months (December–February) when food prices are higher, livelihood opportunities are restricted and access to markets is reduced.

A high prevalence of acute malnutrition among pregnant and breastfeeding women was accompanied by a high proportion of children being born with a low birth weight, particularly in Sindh and Khyber Pakhtunkhwa provinces (IPC, October 2023).

Levels of diarrhoea, acute respiratory infections and malaria were high, worsening during the winter months.

Inadequate coverage of sanitation facilities and safe drinking water was a significant concern, partly following the heavy monsoon floods in 2022. These floods damaged most water systems in Sindh and, to a lesser extent, in Khyber Pakhtunkhwa and Balochistan (UN, December 2023).

Across all three provinces, poor healthcare-seeking behaviours and blocked roads limited access to healthcare (IPC, October 2023).

Insufficient funds also limited nutrition service coverage (Nutrition Cluster, June 2024). In 2025 climate shocks and acute food insecurity risk further aggravated already high acute malnutrition levels (UNICEF, December 2024).

1 - Acceptable | 2 - Alert | 3 - Serious | 4 - Critical | 5 - Extremely Critical
Not analysed | Inadequate evidence | MUAC